

Pear Kabobs with Strawberry Dipping Sauce

Prep time: 15 minutes

Makes: 6 Kabobs

Ingredients

- 1 cup** yogurt, low-fat vanilla
- 4 tablespoons** strawberry preserves
- 2** pears (cored and cut into 1-inch cubes)
- 2 cups** strawberries (stems removed)
- 2** bananas (cut into 1-inch slices)
- 1 can** pineapple chunks, drained

Directions

1. In a small bowl, combine the vanilla yogurt and strawberry preserves. Set aside.
2. Thread the fruits by alternating the pears, strawberries, bananas, and pineapple onto the skewers.
3. Serve the fruit skewers with a dollop of the strawberry sauce on the side.

Notes

Other materials needed:

- Six wooden skewers
- small bowl
- cutting board
- can opener
- paring knife
- measuring spoons

- platter or large plate